

Jefferson Educational Society April 2021

All programs are held at times scheduled on the Jefferson Facebook Page, or www.facebook.com/JeffersonErie.

For more information, visit www.JESerie.org, or our Facebook page, or call 814.459.8000. SCHEDULE IS SUBJECT TO CHANGE.

<i>Digital Lectures, Panel Discussions, and Programming</i>			
When	What	Who	Series
Friday, April 9 12 to 12:30 p.m.	More Mindfulness: Unhooking from Thoughts	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series
Monday, April 12 7 p.m. to 8 p.m.	A Look at 'Faith, Fears, and Facts', a Recent JES Report	Dr. Parris Baker <i>Professor and Department Head, Gannon University</i>	JES Digital Programming
Tuesday, April 13 4 p.m. to 5 p.m.	Caring for Those Who Care for Us	Joe Cuneo <i>Marketing Communications Consultant, Erie Insurance</i> Brian Zona <i>Assistant, L'Arch Erie</i>	JES Raimy Fellows
Friday, April 16 12 to 12:30 p.m.	More Mindfulness: Expanding Gratitude for Your Body	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	JES Digital Programming
Monday, April 19 4 p.m. to 5 p.m.	QAnon: An Ideology Weaponized Through Ancient Words and Digital Platforms	Dr. Colleen Kelley, <i>Communication Professor, Penn State Behrend</i>	Meditation and Mindfulness Series
Tuesday, April 20 7 p.m. to 8 p.m.	Confederate Surface Raider CSS Shenandoah	Dennis Carlson <i>Member, Erie Civil War Roundtable</i> <i>Docent Guide, US Brig Niagara</i>	In partnership between the Hagen History Center, the Civil War Round Table, and JES

Friday, April 23 12 to 12:30 p.m.	More Mindfulness: When Your Mind is Like a Tornado	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series
Tuesday, April 26 4 p.m. to 5 p.m.	Otto Jennings and Succession: "The Force" That Created Presque Isle	Dr. David Frew, <i>Co-Author of "Accidental Paradise"</i>	"Accidental Paradise" Series
Wednesday, April 27 4 p.m. to 5 p.m.	American Holidays – Anna Jarvis, Mothers' Day & Flowers, Flowers, Flowers	Dr. Andrew Roth, <i>JES Scholar-in-Residence</i>	American Holidays Series
Friday, April 30 12 to 12:30 p.m.	More Mindfulness: Identifying Your Emotions	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series

Digital Lectures, Panel Discussions, and Programming

4.9

More Mindfulness: Unhooking from Thoughts

Join Penny as she helps you deepen your mindfulness practice. Many of us find ourselves getting 'hooked' by a thought or a topic and staying hooked for minutes or hours, without resolving anything. This exercise can help you to reduce overthinking, ruminating, and dwelling.

- Penny Mechley-Porter, N.C.C, L.P.C.

4.12

A Look at "Faith, Fears, and Facts," a Recent JES Report

Dr. Parris Baker will lead a panel discussion on the recently released Jefferson report, "Faith, Fears, and Facts: African Americans, Vaccinations, and the Fierce Urgency of Now for BIPOC Communities."

As the nation speeds up the race to get COVID-19 vaccines into the arms of Americans, Dr. Baker, a Gannon University professor and department head, discusses the report that explores the politics and perceptions around vaccination and offers key recommendations. Other contributors to the report are the Rev. Charles Mock, Pat Cuneo, Gary Horton, James Sherrod, and Ben Spегgen.

- Parris Baker, Ph.D.

4.13

Caring for Those Who Care for Us

Join Jefferson Educational Society Raimy Fellows Joe Cuneo and Brian Zona on Tuesday April 13th at 4:00PM as they examine the impact of our pandemic year on essential workers serving developmentally disadvantaged Erie Countians. Brian and Joe document the critical value of the care provided by interviewing both human service agency leaders and a client and his family as a prelude to advocating for both increased

compensation and public appreciation for these vital human servants caring for Erie County's most vulnerable citizens. Ask yourself "Is an average wage that barely exceeds recent proposals for a \$10 per hour Pennsylvania minimum wage fair to those who provide such critical and compassionate service"? Join us Tuesday April 13th for this Raimy Fellows presentation "Caring for Those Who Care for Us."

- Parris Baker, Ph.D.

4.16

More Mindfulness: Expanding Gratitude for Your Body

Join Penny as she helps you deepen your mindfulness practice. We're often frustrated with our body and we focus on its limitations, not fully acknowledging, for example, that our hearts beat 100,000 times per day and our bodies work very hard on our behalf. This practice of shifting your focus towards appreciation can help you see the positives and change your relationship with your body.

- Penny Mechley-Porter, N.C.C, L.P.C.

4.19

QAnon: An Ideology Weaponized Through Ancient Words and Digital Platforms

Join Dr. Colleen Kelley as she examines the attraction, strategies and outcomes of QAnon as a 21st century rhetorical act, grounded in centuries-old rhetorical forms. These include vocabulary derived from an early American "paranoid style" of political discourse grounded in millenarianism and apocalypticism ideologies as well as "good versus evil" demonizing narratives. QAnon is configured as the latest iteration of language historically weaponized to dehumanize perceived "enemies."

The January 6, 2021 insurrection at the Capitol is identified as the point at which QAnon encroached into mainstream American politics through a symbiosis of rhetorical and literal violence. There have been historical precedents for the discursive transformation of "deep-state" fantasies into violence since the time of Aristotle. However, what occurred on this day was unprecedented weaponized speech, mediatized by a digital delivery system which privileges speed over deliberation, time and space distortion over deep thought, and reaction or stimulation over civil and civilizing communication.

- Colleen Kelley, Ph.D.

4.20

Confederate Surface Raider CSS Shenandoah

Early in the American Civil War, the Confederacy knew that in order to be successful they would have to cripple the North financially. With the help of the British private citizens, they purchased a series of technologically advanced ships to be used as commerce raiders and bring the war to the North on the high seas. This successful campaign resulted in not only long-term damage to the Northern shipping industry but also advancement in public international law.

Event is in partnership between the Hagen History Center, the Civil War Round Table, and the JES.

- Dennis Carlson B.S.

4.23

More Mindfulness: When Your Mind is Like a Tornado

Join Penny as she helps you deepen your mindfulness practice. Especially when we're upset, the mind can be a very chaotic and overwhelming place, with thoughts swirling faster than seems possible. In this exercise, we will learn to s-l-o-w

the thought tornado. *Over time, this practice can help you manage upsetting situations better than ever before.*

- Penny Mechley-Porter, N.C.C, L.P.C.

4.26

Otto Jennings and Succession: "The Force" That Created Presque Isle

During the summer of 1908 a University of Pittsburgh botany professor was collecting plant samples at Cedar Point, Ohio when a colleague suggested that he shift his study efforts to Presque Isle in Erie, Pennsylvania. Dr. Otto E. Jennings traveled to Presque Isle the following summer and began a 50-year tenure on the peninsula. During his time there, Jennings discovered, documented and dated the impact of Presque Isle's unique style of succession on the peninsula. He also shifted his professional focus from plant-gathering to sand spit geology.

Jennings brought colleagues, including his wife Grace, who was also a biologist, to Presque Isle. He built a research station in park's interior and initiated a system of overall biological studies of Presque Isle as he worked to preserve the park and its plant-life.

His work, which catalogued and dated Presque Isle's early formation as well as its plant, aquatic, insect, and animal life, stands as a monument to the scientific study of and continued protection of the peninsula. It also explains the "force" that has been at work, systematically growing Presque Isle from west to east.

- David Frew, Ph.D.

4.27

American Holidays – Anna Jarvis, Mothers' Day & Flowers, Flowers, Flowers

What are "the common objects of our love" – those things St. Augustine said bind a people into a nation? One is the things people celebrate. In the American Holidays series, Jefferson Scholar-in-Residence Andrew Roth, continues his exploration of those things

Americans love in common. In this month's episode Roth explores the origins of Mothers' and Fathers' Day, asks and answers who was Anna Jarvis, roots around in the question "Why are there so many days – days like Administrative Professionals Day, Grandparents Day et. al. – when the primary task seems to be sending flowers, flowers, flowers?" American Holidays – an exploration of "the common objects of our love"!

- Andrew Roth, Ph.D.

4.30

More Mindfulness: Identifying Your Emotions

Join Penny as she helps you deepen your mindfulness practice. Many of us can identify feelings of sadness, anger, or frustration. But it can be harder to identify many other emotions, especially when a mix of emotions is present. With practice, we can get better at emotions identification, in part by getting more familiar with where we feel emotions in our bodies. *This practice can help you feel more peace as identifying and acknowledging our emotions often helps them to pass.*

- Penny Mechley-Porter, N.C.C, L.P.C.

JES Presenter Biographies

Parris Baker, Ph.D, M.S.S.A., is an Assistant Professor and Director, Social Work, Mortuary Science, and Gerontology Programs, Department of Criminal Justice & Social Work at Gannon University. Dr. Baker is also a faculty member with the Erie Psychological Consortium Pre-doctoral Psychology Internship Program and the Erie Bible College. An ordained Elder, Dr. Baker is pastor of Believer's International Worship Center, Inc., and founder/director of Men of Valor Ministries and the Abba Fathers Program. His research interests include African-American fathers, incarcerated fathers, and non-custodial fathers, community and teenage violence, childhood poverty, and cultural diversity, individual difference, and inclusion. He is married and has four children.

Dennis Carlson, B.A., is a member of the Erie Civil War Roundtable and a Docent Guide for the US Brig Niagara, where he often shares his love of history with a wide variety of audiences. He retired in 2006 following a 40-plus year career in business, manufacturing, and engineering that included time with True Temper, Amsco, Amsco Medical Products, and Bliley Technologies. Dennis serves as the Treasurer of the Masonic Temple Preservation Foundation, and he is a past president of the ERIE chapter of Jaycees. He graduated with a Bachelor of Science in Business Administration, industrial management from Penn State in 1969 and continued his education with Penn State in the 1990s as an alumni participant in the University's Civil War Studies program.

Joe Cuneo, M.A., currently serves a marketing communications consultant for Erie Insurance, a role he has held since January 2021. Prior to this position, he has held marketing and communications roles at Mercyhurst University and Stairways Behavioral Health. Cuneo has also held part-time roles at the Erie Times-

News, where he worked for six years as a part-time sports correspondent and freelance writer. He is a graduate of Gannon University, where he earned a bachelor's degree in Journalism-Communications in 2013. He is completing his master's degree in Organizational Leadership at Mercyhurst University, where he will graduate in May. Cuneo was also a participant in the 2019 Jefferson Civic Leadership Academy.

David Frew, Ph.D., author of "Accidental Paradise: 13,000-Year History of Presque Isle," is a Jefferson Scholar-in-Residence. He is an emeritus professor at Gannon University, where he held a variety of administrative positions during a 33-year career. Dr. Frew is also emeritus director of the Erie County Historical Society. He has written or co-written 35 books and more than 100 articles, cases, and papers.

Colleen Kelley, Ph.D., received her Ph.D. in Rhetoric and Communication from the University of Oregon. She is a tenured associate professor of communication at Penn State Behrend. Her teaching areas include rhetorical and communication theory, public address, political communication, intercultural communication, and gender issues in communication. Her research interests include political communication, particularly the influence of the "religious right" on American politics, peace and communication, and ethics and communication.

Penny Mechley-Porter, N.C.C, L.P.C., is a licensed professional counselor in private practice serving adults and children. After receiving her M.A. in counseling from Edinboro University, she worked at Sarah Reed Children's Center and in the Dean Ornish Program. Earlier in her

career, Penny was a Peace Corps volunteer in Mali, West Africa, then used her computer science degree from Indiana University as a trainer in businesses across the United States.

Andrew Roth, Ph.D., is a Jefferson Scholar in Residence and has been working in the higher education field for 49 years. From lecturing to leading, he taught various courses before serving in administration at Mercyhurst University in Erie and as President of Notre Dame College in Cleveland for more than a decade. Dr. Roth also served as the interim president at St. Bonaventure University. He is director of the Jefferson's Raimy Fellows Program as part of the society's Civic Leadership Academy. In addition to his extensive writing and research, Dr. Roth is a frequent presenter whose programs include "America in 1968" and "American Tapestry: 'We Tell Ourselves Stories'" – deep explorations into the "culture wars" and the stories Americans tell themselves about what it means to be an American.

Brian Zona, B.A., is an assistant at L'Arche Erie, a role he has held since 2009. Formerly, he was the program manager and life skills coach at The Barber Institute. He graduated from Edinboro University with his B.A. in sociology in 2017. He has volunteered at the Presque Isle State Park and Tom Ridge Environmental Center and the Obama Presidential Campaign, and he was a Special Olympics coach.